

# Superpower Fuel: The Magic of Go, Grow, and Glow Foods

## Lesson Overview

**Subject:** Health and Nutrition

**Target Age:** 7 Years Old

**Time:** 45-60 Minutes

**Learning Objectives:** By the end of this lesson, the learner will be able to:

- Identify the three main categories of food: Go, Grow, and Glow.
- Explain how each food group helps the body function.
- Categorize at least 5 common foods into the correct group.

## Materials Needed

- A paper plate (or a circle drawn on paper)
- Old grocery store flyers, magazines, or printed pictures of food
- Scissors and glue sticks
- Three colors of markers (Green, Red, and Yellow)
- Small "props" (optional): a toy car (Go), a building block (Grow), and a flashlight (Glow)

## 1. Introduction: The Superhero Hook (5 Minutes)

**The Hook:** "Did you know that you are actually a real-life superhero? Your body can run, jump, think, and even heal itself! But every superhero needs the right kind of fuel. If a race car had no gas, it wouldn't move. If a house had no bricks, it would fall down. Today, we are going to learn about the three types of 'Superpower Fuel' that keep you moving, growing, and shining!"

**Objective Statement:** "By the time we finish, you'll be an expert at picking the right foods to give your body exactly what it needs to be its best."

## 2. Body: Content & Practice (30 Minutes)

### Part I: "I Do" - Meet the Food Families

Explain the three categories using simple analogies. If using props, hold them up now.

- **GO Foods (The Energy Group):** Like the gas in a car. These foods give you energy to run, dance, and play soccer. They help your brain stay awake to learn!  
*Examples: Rice, bread, pasta, potatoes, corn.*
- **GROW Foods (The Building Group):** Like the bricks for a house. These foods help you grow taller. They make your muscles strong and fix your body if you get a boo-boo.

*Examples: Chicken, fish, eggs, milk, beans, cheese.*

- **GLOW Foods (The Protection Group):** Like a shield. These foods keep your skin glowing, your eyes bright, and your hair shiny. Most importantly, they protect you from getting sick!

*Examples: Apples, carrots, spinach, grapes, broccoli.*

## Part II: "We Do" - The Grocery Sort

Let's practice together before you go on your own mission!

1. Lay out several pictures of food (or actual items from the pantry).
2. Ask the learner: "If I want to win a race, which food should I eat?" (Wait for response: Go Food).
3. Ask: "If I want to grow as tall as Dad/Mom, what do I need?" (Wait for response: Grow Food).
4. Ask: "If I want to stay healthy and not catch a cold, what do I need?" (Wait for response: Glow Food).
5. Together, label three areas on the table as "Go," "Grow," and "Glow" and place the pictures in the right spots.

## Part III: "You Do" - The Ultimate Super-Plate

Now, it's time for the learner to create their own balanced meal.

1. Give the learner a paper plate and the grocery flyers/magazines.
2. **The Mission:** Cut out pictures of food and glue them onto the plate.
3. **Success Criteria:** To complete the mission, the plate must have:
  - At least one **GO** food (Energy).
  - At least one **GROW** food (Building).
  - At least one **GLOW** food (Protection/Shine).
4. Have the learner circle the foods with the matching marker colors (Yellow for Go, Red for Grow, Green for Glow).

## 3. Conclusion: Recap & Reflection (10 Minutes)

**Summarize:** "Today you learned that your body needs a team of foods to work. GO for energy, GROW for strength, and GLOW for health."

**Learner Recap:** Ask the student to point to one thing on their plate and tell you why they chose it. (Example: "I chose the chicken because it's a Grow food and makes my muscles strong!")

**The "Fuel Pledge":** Have the student stand up and repeat: "I will fuel my body to GO, GROW, and GLOW every single day!"

## Assessment Methods

- **Formative (During the lesson):** Check for understanding during the "We Do" sorting activity. If the student puts an egg in "Go," gently remind them that eggs are "bricks" for muscles.
- **Summative (End of lesson):** Review the "Ultimate Super-Plate." If the plate contains one food from each category correctly identified, the objective has been met.

## Differentiation & Adaptability

- **For Struggling Learners:** Focus on one group at a time. Use a "Traffic Light" analogy: Green (Glow/Vegetables), Yellow (Go/Grains), Red (Grow/Proteins - "Stop and build").
- **For Advanced Learners:** Ask them to plan a full day's menu (Breakfast, Lunch, and Dinner) ensuring every single meal has a Go, Grow, and Glow component.
- **Kinesthetic Variation:** Create a "Go, Grow, Glow" obstacle course. When you shout "GO," they sprint. When you shout "GROW," they do a push-up. When you shout "GLOW," they strike a "shining" pose.